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NO-COST QUIT SERVICES OFFERED TO PREGNANT AND POSTPARTUM MOTHERS ON JULY 17



CONTACT:

Audrey Stasko, Public Information Officer

Audrey.Stasko@FLHealth.gov

352-423-0775, cell

352-513-6057, work

Lecanto, Fla. — Pregnant and postpartum women who are having trouble quitting smoking can get support and more at the Tobacco Free Florida “Group Quit” session, from 10:30 a.m. to 12:30 p.m., on Wednesday, July 17, at the Florida Department of Health in Citrus County (DOH-Citrus), 3700 W. Sovereign Path in Lecanto.



The face-to-face session is open to the public and presented by the Gulfcoast North Area Health Education Center at no cost.

The two-hour class, designated for pregnant and postpartum mothers, will provide information on how to prepare a plan to quit, how to deal with cravings and what to expect during the process. The program covers all forms of tobacco. Registration is required. Call 813-929-1000 or email info@gnahec.org to register.

According to [FLHealthCHARTS](#), Citrus County has one of the highest rates of babies born to mothers who smoked during pregnancy. In 2017, 19.6 percent of Citrus babies were born to mothers who smoked during pregnancy, a rate that is more than four times higher than the state rate of 4.8 percent (2017).

Quitting smoking is one of the most important ways a mother can protect her health and the health of her baby. Whether before, during or after baby, there are numerous no-cost tools and resources to help mothers quit. For more information, go to www.tobaccofreeflorida.com/quityourway or www.ahectobacco.com.

For more information about DOH-Citrus, go to www.CitrusCountyHealth.org or follow us on Twitter at [@FLHealthCitrus](https://twitter.com/FLHealthCitrus).

About the Florida Department of Health

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